



Area 4 Developmental Disabilities Board

236 Georgia St., Suite 201, Vallejo, CA 94590 (707) 648-4073 ab4@scdd.ca.gov

May 2, 2013

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Prevent Drowning!

Warm weather has arrived and swimming pools will open for the Memorial Day weekend. Have fun in the water, but protect your children!

Drowning is a leading cause of injury-related deaths among children under the age of five. Each year, near-drowning incidents result in life-long disabilities.

The [Department of Developmental Services](#) and the [Drowning Prevention Foundation](#) have excellent information to raise awareness and promote safe play in the water.

The Drowning Prevention Foundation's website and has a locally produced video, which you can see [here](#).

Bullying Prevention Bill – SB 231

State Senator Lou Correa (D-Santa Ana) announced that Senate Bill (SB) 231, a measure to establish the California Bullying and Peer Abuse Prevention Hotline (Bullying Hotline) to address issues related to youth bullying unanimously passed out of the Senate Education Committee.

"I am pleased with the committee's support for SB 321. Bullying is a serious problem and something we cannot afford to ignore. SB 231 will provide both students and parents with the necessary tools to

address bullying head on and reduce the threat of more long-term, serious consequences that threaten the health and well-being of our students,” said Correa [Read more](#)

KCRA has an article on the anti-bullying hotline: *“More than four years after Michael Berry – a victim of bullying – shot himself in a school bathroom, his mother stood at the state Capitol on Wednesday next to the lawmaker who has introduced a bill inspired by her relentless efforts to help bullying victims....”* [Read more](#)

May is Mental Health Month

From **Psych Central News**:

“May is Mental Health Awareness Month, a time for people to learn more about mental health conditions and seek out help for them.

According to the National Institute of Mental Health, mental health concerns affect 1 in 10 Americans today, but fewer than 25 percent of people with a diagnosable mental disorder seek treatment. Mental Health Awareness Month hopes to help increase the number of people who will talk to their doctor or a mental health professional about their concern....” [Read more](#)

Friendship in College

From **Think College E-News**

“Since Alex and I have graduated, we have remained close friends.....It is helpful to meet friends early on in college. Students with disabilities should make an effort to make friends as soon as they start going to college. It gives you the opportunity to be friends for a longer time while in school, and the chance to take advantage of the events on campus as a way to get to know your friends. To the freshmen reading this article, don't be afraid: college is a new experience for everyone, whether you have a disability or not. Everyone is looking to meet new friends....” [Read more](#)

Tailored Day Services

Some people want to do a variety of things during the day: work, take college classes, volunteer, and/or start their own business. You can get support to do all of these things and have the kind of life you want.

Tailored Day Service (TDS)

Tailored Day Service (TDS) is a service that helps you have more control over what you do during the day. TDS is -

- ✓ **Individualized** – based on what you want to do.
- ✓ **Flexible** – you don't have to be at a program all day, every day.



- ✓ **Community-based** – helps you to do the things you want to do in your community.

How Does TDS Work?

Instead of going to a day or work program, with TDS you would have support to find a find a job, or a volunteer position, or take a college class, or start a business, or all of these. You choose what to do during the day, and you get the support you need to succeed.

Here's What the Law Says

The [Lanterman Act](#) is the state law that talks about the rights of Californians who have developmental disabilities. The Lanterman Act says that it's important for adults who have disabilities to have choices, opportunities, and to be involved in the community. Your services should help you have more control over your services and help you be more included in the community. The Lanterman Act says adults can choose to have TDS.

Every time you have an Individual Program Plan (IPP) meeting, the regional center must tell you about TDS. You can ask for information about TDS anytime, and you can ask to have an IPP meeting at anytime to get TDS. If you want TDS, your IPP has to say what you want to do and how your choices and needs will be supported.

(If you want to read more about what the law says about TDS, see section 4688.21 of the Lanterman Act.)

Who Can Get TDS?

Any adult who gets services from regional center can get TDS. You don't need to be at a program every day, all day. If anyone tells you no, ask for help from a friend, a staff person, your case manager, or an advocate. The Lanterman Act says that you have the right to live the kind of life you want.

Next Steps

1. If you want TDS, or you want to know more about it, call your case worker (CPC) to set up an IPP meeting.
2. Before your IPP meeting, think about what you want to do. Maybe you want to volunteer with animals, or try an office job, or take a horticulture (plant) class at college. Maybe you want to start a recycling business and want help to do it. It's okay if you don't know what you want to do; you can talk about ideas at your IPP meeting.
3. If you have ideas about what you want to do, write them down and take this list to your IPP meeting. You can have a friend go with you to your IPP meeting to support you.

For more information, contact Cindy Ruder at Area 4 Board at cindy.ruder@scdd.ca.gov or her direct line, 707-953-8403.



Concerns about Healthy Families Transition

From **California Healthline**
April 25, 2013

"Daniel Harris, age 4, is just one of 600,000. But he's an important one, and not only to his mom. Daniel is one of the first kids in California to have lost insurance coverage for certain health care services as a result of the state's transition from Healthy Families to Medi-Cal managed care.

Daniel has autism, for which he had been getting treatment through the Healthy Families program. His mom, Rachel Harris, said he was showing marked improvement in the applied behavioral analysis program...." [Read more](#)

Preparing for an IEP Meeting

From **Disability Rights Education and Defense Fund**

The April, 2013 DREDF Special Edition has an article on preparing for an IEP meeting. You can check it out [Here](#)

Regional Self Advocacy Conferences



It's coming! Mark your calendars!!

**To have enough space for everyone, we're having
2 (yes, TWO!) self advocacy meetings!**

Regional Self Advocacy ~ County Conferences

Napa/Solano County

Wednesday, June 5, 2013

10:00 am – 1:00 pm (please come at 9:45 to check in)

Solano County Office of Education, 5100 Business Center Drive, Fairfield
(across the street from Costco)

Sonoma County

Wednesday, July 17, 2013
10:00 am – 1:00 pm (please come at 9:45 to check in)
Rohnert Park Community Center, 5401 Snyder Lane, Rohnert Park

**You said you wanted to talk more about jobs, so that's what we'll do.
You can come to either meeting, or you can come to both!**

- ❖ **NEW** ~ Please bring your own lunch. We are not able to provide lunches for these meetings (sorry!). We will provide water bottles and light refreshments.

If you have any questions or to RSVP, please contact:

* Randy Kitch, North Bay Regional Center, 707-256-1162,
randyk@nbrc.net or

* Cindy Ruder, Area Board 4, 707-953-8403,
cindy.ruder@scdd.ca.gov



Area 4 Board Information

Visit our web page at <http://www.scdd.ca.gov/areaboard4.htm> for information on meetings and resources.

*Find Area Board 4 on Facebook

*Sign up for our free e-newsletter, contact Robin.tigh@scdd.ca.gov